

December 2013

# My Maricopa



**INSIDE THIS ISSUE:**

the

**Active**

*your guide to staying active in Maricopa*

**guide**

**CLASS REGISTRATION  
BEGINS DECEMBER 10**

**FEATURED PROGRAM:**

# Adult Softball

*details on page AG8*



|                              |     |
|------------------------------|-----|
| Catalog Codes & Help Guide   | AG3 |
| Programs:                    |     |
| Art & Music                  | AG3 |
| Dance & Gymnastics           | AG4 |
| General Interest             | AG5 |
| Sports, Health & Fitness     | AG6 |
| Youth & Adult Sports         | AG8 |
| Youth & Community Activities | AG9 |



## Age-appropriate icons

help you find the programs and classes that are age relevant and may be suitable for you and your family:

- May be suitable for children ages 1-5.
- May be suitable for children ages 6-12.
- May be suitable for teens ages 13-17.
- May be suitable for older teens and adults ages 18+.

**Where's my class?** Here's a reference guide to help you better identify where our programs are located:

|            |  |
|------------|--|
| <b>ATA</b> | <b>Maricopa Blackbelt Academy</b><br>44400 W. Honeycutt Ave, #103    |
| <b>CAC</b> | <b>Central Arizona College</b><br>17945 N Regent Dr                  |
| <b>CTR</b> | <b>Copa Center</b><br>44585 W Honeycutt Ave                          |
| <b>DSG</b> | <b>Desert Star Gymnastics</b><br>12501 N Murphy Rd                   |
| <b>MDF</b> | <b>Maricopa Dance &amp; Fitness</b><br>21596 W John Wayne Pkwy #D101 |
| <b>MES</b> | <b>Maricopa Elementary School</b><br>18150 N Alterra Parkway         |
| <b>PP</b>  | <b>Pacana Park</b><br>19000 N Porter Rd                              |
| <b>TBA</b> | <b>To Be Announced</b>   |

## How to read the catalog

correctly is important in selecting the programs that interest you and work with your schedule. Here's what you should expect to find in the program schedule line: Session, Age Requirement, Cost of Class, Day(s) of the Week, Date Range, Class Time, Location Code, and the NEW Program Code. Learn more at [maricopa-az.gov](http://maricopa-az.gov)

## ART & MUSIC

### Basic Beading Class



This class is geared for the beginning beader and will cover the basics of design, tools and materials. Tools and various bead kits will be included. Instructor Rhonda Dimas

|     |      |   |      |       |     |     |
|-----|------|---|------|-------|-----|-----|
| 16+ | \$35 | S | 1/11 | 1-4PM | CTR | 675 |
| 16+ | \$35 | S | 2/1  | 1-4PM | CTR | 676 |
| 16+ | \$35 | S | 3/1  | 1-4PM | CTR | 677 |

### Charcoal Drawing for Everyone



Participants focus on bold and uninhibited form of drawing using vine and compressed charcoal. The versatility of charcoal helps you to create line variety, background tones and lifted-out highlights. Instructor Krystal Hoeh  
18+ \$89 Th 3/27-5/8 6:30-8:30PM CAC 684

### Experiencing Watercolor



Lessons include the history of watercolor, brush control, the coloring book of basic skills, preparing your paper, and creating composition. Students will leave with a finished painting. Instructor Krystal Hoeh  
18+ \$99 Th 1/30-3/13 6:30-8:30PM CAC 685

### Fabulous Faux: Classic Tuscan Metallic



A professional faux painter shares years of experience and secret tricks of the trade allowing you to create your own mouth dropping Tuscan walls.  
18+ \$49 M 1/6 6-8:30PM MES 692

### Instant Guitar for Hopelessly Busy People



In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. Instructor Craig Coffman  
11+ \$49 M 1/6 6:30-9:30PM MES 694



### Instant Piano for Hopelessly Busy People



In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Instructor: Craig Coffman  
11+ \$49 T 1/7 6:30-9:00PM MES 695

### Intermediate Bead Weave



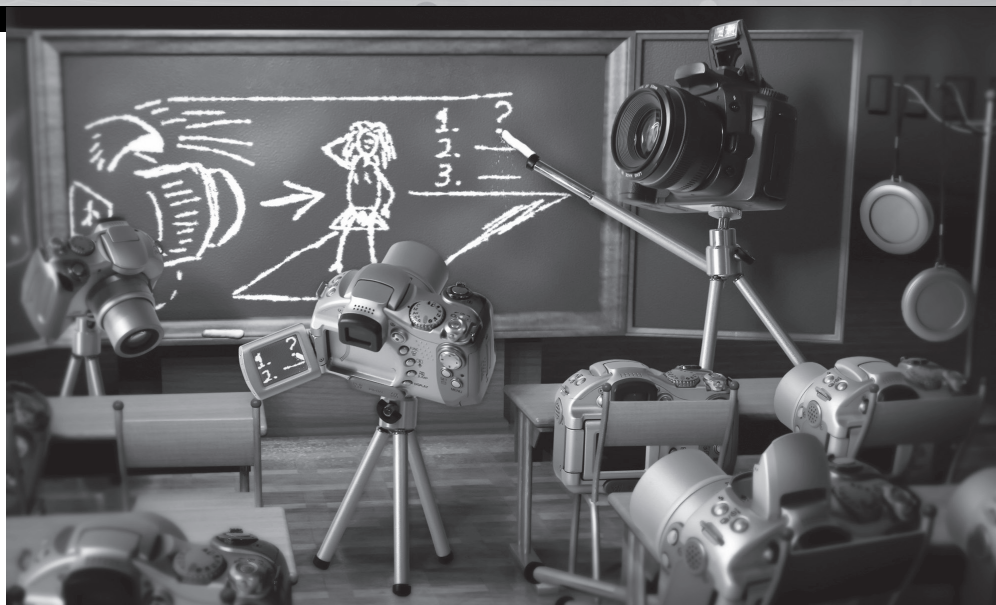
This class is for the beader that wants to take the next step in jewelry making. Tools and various bead kits will be included. Instructor: Rhonda Dimas

|     |      |   |      |       |     |     |
|-----|------|---|------|-------|-----|-----|
| 16+ | \$35 | S | 1/25 | 1-4PM | CTR | 681 |
| 16+ | \$35 | S | 2/15 | 1-4PM | CTR | 682 |
| 16+ | \$35 | S | 3/15 | 1-4PM | CTR | 683 |

### Maricopa Children's Theatre: Snow White and the Seven Dwarfs



Join us as we bring to life the enchanting tale of the beautiful, gentle Snow White and the delightful seven dwarfs. This classic tale was adapted for the stage by Kathryn Schultz Miller. Please note that rehearsing on your own, outside of class will be required. Shows will be on Friday, February 28th and Saturday, March 1st. Instructor: Amber Duve  
5-14 \$55 T 1/7-2/25 6-7:30PM TBA 696



## Photography 101



This series of three workshops are designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition and lighting.

Instructor Misty Marchione

18+ \$75 F 1/10-1/24 6-8PM CTR 697

## Photography Workshop #1: Photography Basics



This series of three workshops are designed for the beginning photographer. You will learn basic principles regarding camera functionality, composition and lighting.

Instructor Misty Marchione

18+ \$25 F 1/10 6-8PM CTR 698

## Photography Workshop #2: Composition Matters



For this workshop, you will learn how to achieve the best exposure, rule of thirds, family group arrangements, black and white photography and how to use your aperture for creative effects.

Instructor Misty Marchione

18+ \$25 F 1/17 6-8PM CTR 701

## Photography Workshop #3: Practice at the Park



Participants will learn step by step approaches to varying your shutter speed and aperture to achieve the best exposure, using depth of field to get creative effects and applying the principles of composition.

Instructor Misty Marchione

18+ \$25 F 1/24 6-8PM CTR 702

## Wire Wrapping



Learn wire wrapping techniques for making jewelry. Tools and various bead kits will be included.

Instructor: Rhonda Dimas

16+ \$35 S 1/18 1-4PM CTR 678

16+ \$35 S 2/8 1-4PM CTR 679

16+ \$35 S 3/8 1-4PM CTR 680

# DANCE & GYMNASTICS

## Creative Movement Dance



Let your little one explore movement and dance through creative skills and techniques.

This will be a fun and active class that keeps them moving and learning new things.

Instructor: Toshia Jackson

1-3 \$30 T 1/7-2/4 10-10:45AM MDF 706

1-3 \$30 T 2/11-3/4 10-10:45AM MDF 707

## First Steps Combo Dance



Class will spend 20 minutes on Tap, 20 minutes on Ballet and 20 minutes on Basic Tumbling. Students are recommended to wear any color leotard with or without a skirt, pink tights, pink leather ballet shoes and black tap shoes.

3-4 \$35 T 1/7-2/4 10-11AM MDF 710

3-4 \$35 T 2/11-3/4 10-11AM MDF 711

3-4 \$35 T 1/7-2/4 4-5PM MDF 712

3-4 \$35 T 2/11-3/4 4-5PM MDF 713

3-4 \$35 Sa 1/11-2/8 9-10AM MDF 714

3-4 \$35 Sa 2/15-3/8 9-10AM MDF 715

5-7 \$35 Th 1/9-2/6 4-5PM MDF 716

5-7 \$35 Th 2/13-3/6 4-5PM MDF 717

5-7 \$35 Sa 1/11-2/8 10-11AM MDF 718

5-7 \$35 Sa 2/15-3/8 10-11AM MDF 719

## Fit N Learn



Prepare your child for kindergarten as the class creatively incorporates things like the ABC's 1, 2, 3's, and days of the week into a physically active environment.

**Note: No class March 14.** Instructor Amy Bratlie

3-5 \$58 F 1/10 - 1/31 9-10:45AM DSG 720

3-5 \$58 F 2/7 - 2/28 9-10:45AM DSG 721

3-5 \$58 F 3/7 - 4/4 9-10:45AM DSG 722

## Hip Hop Dance Classes



Hip Hop is an explosive dance style that mixes coordination and rhythm. By combining fast paced rhythms and movement, your child will get a workout without realizing they are breaking a sweat!

Instructor: Toshia Jackson

4-7 \$35 W 1/8-2/5 4-5PM MDF 723

4-7 \$35 W 2/12-3/5 4-5PM MDF 724

8-12 \$35 W 1/8-2/5 5-6PM MDF 725

8-12 \$35 W 2/12-3/5 5-6PM MDF 726

13+ \$35 W 1/8-2/5 6-7PM MDF 727

13+ \$35 W 2/12-3/5 6-7PM MDF 728

## Parent & Star Gymnastics



Parent & Star introduces your child to all the gymnastics equipment, develops core balance, strength, and socialization while spending some quality time with your child.

**Note: No Class March 11th.** Instructor Amy Bratlie

1-3 \$52 T 1/7-1/28 6:15-6:45PM DSG 729

1-3 \$52 T 2/4-2/25 6:15-6:45PM DSG 730

1-3 \$52 T 3/4-4/1 6:15-6:45PM DSG 731





For more information or to register for classes online, visit:

# maricopa-az.gov

## STAY INFORMED...

Follow us on...

Facebook & Twitter

### Pre-Ballet Dance Class



Ballet is the foundation for understanding movement execution for all other dance styles. Ballet classes are known for developing overall strength, proper posture and flexibility and coordination. Instructor: Toshia Jackson  
6-10 \$35 M 1/6-2/3 4:45-5:15PM MDF 732  
6-10 \$35 M 2/10-3/10 4:45-5:25PM MDF 733

### Pre-Jazz Dance Class



Jazz dance is a fun and vibrant mixture of various techniques. This high energy class plays off the body's natural movement and rhythmic expectations. Instructor: Toshia Jackson  
6-10 \$35 M 1/6-2/3 5:30-6:15PM MDF 734  
6-10 \$35 M 2/10-3/10 5:30-6:15PM MDF 735

### Pre-Tap Dance Class



This 45 minute class moves at a quick pace while teaching a variety of simple and complex rhythms. Instructor: Toshia Jackson  
6-10 \$35 M 1/6-2/3 4-4:45PM MDF 736  
6-10 \$35 M 2/10-3/10 4-4:45PM MDF 742

### Red Super Stars Gymnastics



Red Super Stars is designed for children that have perfected some of the basics taught in the Super Stars class including learning the basics of vault, bars, beam, and floor events. Note: No classes the week of March 10th. Instructor Amy Bratlie

One class per week:

7+ \$58 M 1/6-1/27 5:45-6:30PM DSG 743  
7+ \$58 M 2/3-2/24 5:45-6:30PM DSG 744  
7+ \$58 M 3/3-3/31 5:45-6:30PM DSG 745  
7+ \$58 TTh 1/7-1/30 5-5:45PM DSG 746  
7+ \$58 TTh 2/4-2/27 5-5:45PM DSG 747  
7+ \$58 TTh 3/4-4/3 5-5:45PM DSG 748

Two class per week:

7+ \$93 MTTh 1/6-1/30 5:45-6:30PM DSG 749  
7+ \$93 MTTh 2/3-2/27 5:45-6:30PM DSG 750  
7+ \$93 MTTh 3/3-4/3 5:45-6:30PM DSG 751

### Shooting Stars Gymnastics



Children will learn rolls, handstands, jumps, swings, and so much more! They will develop skills utilizing equipment such as the balance beam, rings, bars, pommel horse, and tumble track. **Note: No classes the week of March 10th.** Instructor Amy Bratlie

One class per week:

5-6 \$58 M W 1/6-1/29 4-4:45PM DSG 752  
5-6 \$58 M W 2/3-2/26 4-4:45PM DSG 753  
5-6 \$58 M W 3/3-4/2 4-4:45PM DSG 754  
5-6 \$58 T Th 1/7-1/30 4:30-5:15PM DSG 755  
5-6 \$58 T Th 2/4-2/27 4:30-5:15PM DSG 756  
5-6 \$58 T Th 3/4-4/3 4:30-5:15PM DSG 757

Two class per week:

5-6 \$93 M W 1/6-1/29 4-4:45PM DSG 758  
5-6 \$93 M W 2/3-2/26 4-4:45PM DSG 759  
5-6 \$93 M W 3/3-4/2 4-4:45PM DSG 760  
5-6 \$93 T Th 1/7-1/30 4:30-5:15PM DSG 761  
5-6 \$93 T Th 2/4-2/27 4:30-5:15PM DSG 762  
5-6 \$93 T Th 3/4-4/3 4:30-5:15PM DSG 763

### Star Tots



Boys and girls will be introduced to all the gymnastics equipment in a fun and safe environment. Children will develop core strength, flexibility and balance. Note: No Class March 13th. Instructor Amy Bratlie

2+ \$52 Th 1/9-1/30 6:15-6:45PM DSG 764  
2+ \$52 Th 2/6-2/27 6:15-6:45PM DSG 765  
2+ \$52 Th 3/6-4/3 6:15-6:45PM DSG 766

### Super Star Boys Gymnastics



Super Star Boys is an all boy class that teaches the basics of gymnastics while giving boys the opportunity to work together on all skills such as still rings, vault, parallel bars, swinging, running speed, tumbling, men's high bar, hip circles, large swings, trampoline and coordination. **Note: No classes the week of March 10th.** Instructor Amy Bratlie

One class per week:

6+ \$58 TTh 1/7-1/30 4:15-5PM DSG 767  
6+ \$58 TTh 2/4-2/27 4:15-5PM DSG 768  
6+ \$58 TTh 3/4-4/3 4:15-5PM DSG 769

Two class per week:

6+ \$93 T Th 1/7-1/30 4:15-5PM DSG 770  
6+ \$93 T Th 2/4-2/27 4:15-5PM DSG 771  
6+ \$93 T Th 3/4-4/3 4:15-5PM DSG 772

### Tumble Stars



Tumble Stars is a fun and progressive program that will teach safe basics on each piece of equipment in the gym. Note: No classes the week of March 10th. Instructor Amy Bratlie

One class per week:

3-4 \$58 M-F 1/6-1/31 4-4:45PM DSG 773  
3-4 \$58 M-F 2/3-2/28 4-4:45PM DSG 774  
3-4 \$58 M-F 3/3-4/4 4-4:45PM DSG 775

Two class per week:

3-4 \$93 M-F 1/6-1/31 4-4:45PM DSG 776  
3-4 \$93 M-F 2/3-2/28 4-4:45PM DSG 777  
3-4 \$93 M-F 3/3-4/4 4-4:45PM DSG 778

## GENERAL INTEREST

### Basics of Facebook and Social Networking



An introductory class for adults interested in entering the world of social networking. Topics include: setting up an account, privacy and security, adding friends and photos, Internet/Facebook etiquette, and more. Instructor Laura Zubel

18+ \$25 M 2/10 7-9PM CAC 779



### Cooking with Arizona's Hot Solar Rays



Want to learn how to build a solar oven and cook in it? You will learn how to build a simple solar oven. Then by using the hot Arizona sun, be able to cook simple and delicious dishes for your family. Instructor: Verl Long

18+ \$29 M 2/24 6-9PM CAC 780

**Guided Autobiography**

Create a written legacy of your life to share and cherish with family and friends. Instructor: Kathy Garrett  
18+ \$25 W 2/5-3/26 1-3PM CAC 781

**Intermediate Computer Skills**

For personal and/or community enrichment, develop intermediate computer skills by using MS Office Word, PowerPoint, and Excel, software applications, web searched, and Internet based applications. Instructor: Laura Zubel  
18+ \$49 T 4/8-4/22 7-9PM CAC 787

**iPad For Beginners**

Explore the basics of your iPad. Topics include: iPad settings, customizing, and surfing the web. Instructor: Luis Sanchez  
18+ \$25 T 2/4 5:30-7:30PM CAC 782

**Making Sense of Social Security**

Explore Social Security benefits available and how benefits are calculated and eligibility determined. You will also learn how Social Security and Medicare relate to one another. Instructor: Andy Lockridge  
18+ \$25 M 1/27 10-11AM CAC 785  
18+ \$25 M 4/7 10-11AM CAC 864

**Planning a Fundraising Event Part I**

Learn the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Learn strategic planning techniques to create a successful fundraising plan. Instructor: Karla Woods-Stephens  
18+ \$25 W 3/5 6-8PM CAC 783

**Planning a Fundraising Event Part II**

Review the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Create a team, select strategic planning techniques and implement a successful fundraising event. Instructor: Karla Woods-Stephens  
18+ \$25 W 3/12 6-8PM CAC 784

**Quien Sabe Espanol I****Who Knows Spanish I**

Develop conversation Spanish speaking and listening skills primarily through pattern practice, repetition, and practical application. The course features basic sentence, pronunciation and vocabulary applied to real life conversations. Instructor: Sally Burge  
18+ \$79 M 2/3-3/10 1-3:30PM CAC 788

**Quien Sabe Espanol II****Who Knows Spanish II**

This class is designed for people who have taken a Spanish course and now want to practice. The course features basic sentence structure, pronunciation and vocabulary applied to real life conversations. Instructor: Sally Burge  
18+ \$79 M 3/24-4/21 1-3:30PM CAC 786

**Reiki I**

Reiki is a powerful, complete system of energy-based holistic healing where spiritually guided life force energy is directed for the purpose of promoting health, balance, and well-being at the physical, mental, emotional, and spiritual levels. Instructor: Suzy Day  
18+ \$39 W 2/12 9-3PM CAC 789

**Reiki II**

Reiki II adds power to the Reiki healing abilities and assists with further opening your intuition and ability to tune into energies. Instructor: Suzy Day  
18+ \$39 W 3/12 9-3PM CAC 790

**Reiki III**

Reiki III amplifies your powerful healing abilities and assists with further opening your intuition and ability to tune into energies. Instructor: Suzy Day  
18+ \$39 W 4/9 9-3PM CAC 791

**What More Can Your iPad Do?**

Discover more exciting features of your iPad. Learn how to use all the built in apps, how to purchase additional apps and how everyone in your family can benefit from using the iPad. Instructor: Luis Sanchez  
18+ \$25 T 2/11 5:30-7:30PM CAC 792

**SPORTS, HEALTH & FITNESS****Adult Tennis – Level 1**

Students learn basic strokes, strategies and rules of the game. Instructor: Heather Blakely  
18+ \$55 Su 1/5-2/9 4:30-5:30PM PP 793  
18+ \$55 Su 2/23-4/13 4:30-5:30PM PP 794

**Adult Tennis – Level 2**

This level 2 class is for the more experienced player who will learn new shots to improve their game and footwork such as approach shots, volley and overhead. Instructor: Heather Blakely  
18+ \$55 Th 1/9-2/13 8:30-9:30AM PP 795  
18+ \$55 Th 2/27-4/17 8:30-9:30AM PP 796

**American Safety & Health Institute CPR**

This class provides certification at the community and workplace level. This class will not meet the requirements for healthcare/pro level or EMT classes. First Aid certification is not part of this class. Instructors are certified through the American Safety and Health Institute (ASHI).  
15+ \$25 Sa 2/22 9-1PM STATION 575 798

**ATA Taekwondo**

A traditional Taekwondo program taught by nationally certified Black Belt and Master Instructors in Maricopa's only full time, professional martial arts school. Students enjoy fitness, self-defense and Life Skills training through a variety of disciplined exercise. Classes for children focus on listening and following directions by encouraging and rewarding discipline, respect, courtesy and self-control. Classes for teens and adults emphasize overall fitness and self-defense.

*Continue on next page...*

**REGISTER ONLINE:**  
**MARICOPA-AZ.GOV**

**Tiny Tigers:**

4-6 \$59 M 1/27-3/3 3:45-4:25PM ATA 797  
 4-6 \$59 T 1/28-3/4 6-6:40PM ATA 804  
 4-6 \$59 W 1/28-3/5 5:15-5:55PM ATA 807  
 4-6 \$59 Th 1/29-3/6 4:30-5:15PM ATA 808  
 4-6 \$59 F 1/30-3/7 3:45-4:25PM ATA 809

**Karate Kids:**

7-11 \$59 M 1/27-3/3 5:15-5:55PM ATA 799  
 7-11 \$59 T 1/28-3/4 4:30-5:15PM ATA 810  
 7-11 \$59 W 1/29-3/5 3:45-4:25PM ATA 811  
 7-11 \$59 Th 1/30-3/6 6-6:40PM ATA 812  
 7-11 \$59 F 1/30-3/7 3:45-4:25PM ATA 813

**Teens & Adults:**

12+ \$59 M 1/27-3/3 7:30-8:30PM ATA 800  
 12+ \$59 T 1/28-3/4 7:30-8:30PM ATA 814  
 12+ \$59 W 1/29-3/5 7:30-8:30PM ATA 816  
 12+ \$59 Th 1/30-3/6 7:30-8:30PM ATA 817  
 12+ \$59 F 1/30-3/7 6-6:40PM ATA 818

**ATA Safety and Self Defense Training**

ATA Fit/Warrior XFit and the latest in personal protection training. New/White, Orange and Yellow Belts only. **Pre-register required.**

*Kidz 'n Power Child Safety:**Abduction Prevention Seminar*

5-12 FREE Sa 2/15 11-1AM ATA 803

*Kidz 'n Power Child Safety:**Bullying Prevention Seminar*

5-12 FREE Sa 2/22 11-1AM ATA 819

*Women's Only Basic Self Defense Seminar*

13+ FREE Sa 3/1 11-1AM ATA 825

**Pilates for Seniors**

Pilates provides a full body workout and focuses on core conditioning, increasing stamina and energy, strengthening arms, legs, back and glutes. Instructor Sylvia Norsworthy  
 50+ \$26 T 1/7-1/28 10-10:45AM CTR 836  
 50+ \$26 T 2/4-2/25 10-10:45AM CTR 837  
 50+ \$48 T 1/7-2/25 10-10:45AM CTR 839

**Quickstart Tennis**

Tennis lessons for beginners that want to learn coordination, and equipment knowledge. Quickstart offers different racquet sizes, smaller court sizes and foam balls at tennis. Instructor Heather Blakely

5-7 \$55 Th 1/9-2/13 5:45-6:45PM PP 841  
 5-7 \$55 Th 2/27-4/10 5:45-6:45PM PP 842  
 5-7 \$55 S 1/11-2/15 8:30-9:30AM PP 843  
 5-7 \$55 S 3/1-4/19 8:30-9:30AM PP 844  
 8-10 \$55 W 1/8-2/11 5:45-6:45PM PP 845  
 8-10 \$55 W 2/25-4/9 5:45-6:45PM PP 846  
 8-10 \$55 S 1/11-2/15 9:45-10:45AM PP 847  
 8-10 \$55 S 3/1-4/19 9:45-10:45AM PP 848

**SilverSneakers Fitness Program**

SilverSneakers Fitness Program encourages Medicare-eligible individual to participate in physical activity and addresses mental and social needs. This class is covered by most insurance companies, but if not using insurance, the class will cost \$45 dollars for each 4 week session.

50+ \$45 M 1/6-1/27 10:45-11:45AM CTR  
 50+ \$45 M 2/3-2/24 10:45-11:45AM CTR  
 50+ \$45 M 3/3-2/24 10:45-11:45AM CTR

**Tennis Beginner/Intermediate**

This class offers recreational group tennis lessons for children with various skill levels. Players will learn coordination, equipment knowledge, court etiquette and stroke development. Instructor Heather Blakely  
 11-17 \$55 M 1/6-2/10 5:45-6:45PM PP 862  
 11-17 \$55 M 2/24-4/14 5:45-6:45PM PP 863

**Tennis Power Hour**

Try this class where you will get a warm up, cardio workout and cool down while playing tennis. It is a great way to get in better shape and burn calories. Instructor Heather Blakely  
 18+ \$55 MTh 1/6-2/13 7-8PM PP 805  
 18+ \$55 MTh 2/24-4/10 7-8PM PP 806

**Tiny Tot Sports**

This class is designed to teach your little one the basic concepts of soccer, t-ball and basketball. No special equipment is needed other than a smile! A parent or guardians are required to participate during the class.

2-3 \$25 M 1/6-2/10 9-9:45AM PP 827  
 2-3 \$25 M 2/17-3/31 9-9:45AM PP 829  
 2-3 \$25 W 1/8-2/12 9-9:45AM PP 830  
 2-3 \$25 W 2/19-4/2 9-9:45AM PP 831  
 3-4 \$25 T 1/7-2/11 9-9:45AM PP 834  
 3-4 \$25 T 2/18-4/1 9-9:45AM PP 835  
 3-4 \$25 Th 1/9-2/13 9-9:45AM PP 838  
 3-4 \$25 Th 2/20-4/3 9-9:45AM PP 840

**Yoga Gold-Healthy Body, Healthy Mind**

In this healing class, the chair replaces the mat, allowing students to find stability in both seated and standing postures. Enjoy all the benefits of a gentle yoga practice, including improved health for body, mind and spirit. Instructor Robin Bukovina

18+ \$65 T Th 1/28-3/11 10-11AM CAC 824

**Yoga for Seniors**

This class focuses on flexibility, strength, endurance, concentration, balance and relaxation. Bring a yoga mat, pillow or cushion, water and wear comfortable clothing. Instructor Sylvia Norsworthy

50+ \$26 T 1/7-1/28 11-12PM CTR 821  
 50+ \$26 T 2/4-2/25 11-12PM CTR 822  
 50+ \$48 T 1/7-2/25 11-12PM CTR 823

**Mid-day Yoga Basics-Refresh and Renew**

Blend yoga therapy to increase range of motion, yin yoga stretches to melt tension, and classic yoga poses to cultivate strength from within. Note: Please bring yoga mat and wear comfortable clothing that allows easy movement. Instructor Robin Bukovina  
 18+ \$55 TTh 1/28-2/25 11:30-12:30PM CAC 815  
 18+ \$55 TTh 3/4-4/3 11:30-12:30PM CAC 820

**Zumba**

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin dance movements. This class format combines fast and slow rhythms that tone and sculpt the body in a high impact aerobic/fitness fashion. Instructor: Josie Rodriquez

18+ \$50 T 1/6-3/4 7-8PM CTR 802

**Zumba Toning**

Zumba combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create calorie-torching, strength-training dance fitness. Instructor provides the toning sticks if needed, but participants are encouraged to bring their own. Instructor: Josie Rodriquez  
 18+ \$50 Th 1/9-3/6 7-8PM CTR 801





# YOUTH & ADULTS SPORTS



## Adult Softball



Maricopa's Recreation Division offers adult softball for Men's and C-Rec leagues. These leagues are governed by official ASA rules and amendments that are specific to the City of Maricopa's leagues. Mandatory managers meeting:

6:30 to 10:30PM, January 6 – March 10, 2014  
Monday: Adult "Men's" dh (doubleheader)  
Friday: Adult "Co-Rec" dh

Pacana Park (19000 N Porter Rd)

Fee: \$475 per team

Open registration November 12, 2013  
through December 30th, 2013

For more information, contact  
Kristy Nachtweh at  
Kristy.nachtweh@maricopa-az.gov

## Spring Soccer (4-16 yrs. of age)



First-time players or those wanting to improve their fundamental skills play small-sided games in this instructional league. Each player will receive jersey, shorts, socks and participation trophy. Age division is determined by player's age on March 24, 2014.

Practices will be conducted at Copper Sky Regional Park beginning the week of March 24.

Early Registration:  
January 7 – February 2 (Fee: \$50.00)

Regular Registration:  
February 3 – February 23 (Fee: \$60.00)

March 8, 2014 Player Evaluation for  
10-12 div, & 13-16 div.

Practices begin week of March 25  
Games -April 12- May 17 at Copper Sky  
Regional Park

## Summer Basketball Co-ed (4-15 yrs. of age)



Take advantage of an indoor sport this summer and learn the basic fundamentals of basketball. Your child will learn how to dribble, pass, shoot, offense and defense team chemistry. Player's will receive a jersey, shorts and participation trophy. Age divisions are determined by player's age on June 2, 2014.

Early Registration:  
March 31 – April 27 ( Fee: \$50.00)

Regular Registration:  
April 28 – May 10 (Fee: \$60.00)

May 17, 2014 – Player Evaluation  
10-12 div, & 13-16 div.

Practices begin week of June 2  
Games – June 14 – Aug. 2

### Summer Girls Volleyball (7-15 yrs. of age)

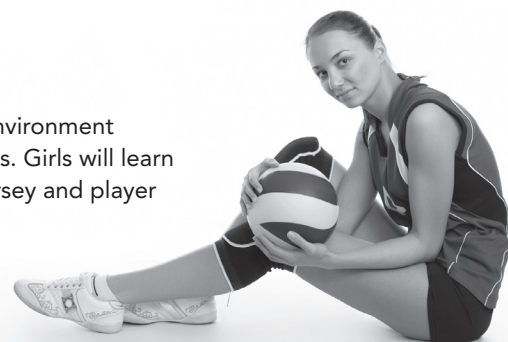


The summer program is for players wishing to enhance their skills development. The positive environment encourages all players to learn teamwork and good sportsmanship as they build upon their skills. Girls will learn bumping, setting and serving techniques throughout the season. Players will receive a game jersey and player participation trophy.

Early Registration:  
March 31 – April 27  
(Fee: \$50.00)

Regular Registration:  
April 28 – May 10  
(Fee: \$60.00)

Practices begin week of June 2  
Games – June 14 – July 26



## YOUTH & COMMUNITY ACTIVITIES

### Friday Night Open Gym Basketball (6th -12th grade)



The City of Maricopa provides a free Open Gym Basketball program. It is open to all Middle School and High School students. There is a free dinner provided for each participant by the Ready For Life Food Program. For more information contact Rocky Brown at 520-316-6835 or at rocky.brown@maricopa-az.gov

Friday Evenings- 6:00pm to 9:00pm

Drop In Program

Maricopa Wells Middle School

FREE

### Community Garage Sale (All Residents)



Do you have any clutter or junk taking up space in your garage? Why not come out and sell it at the Community Garage Sale! Purchase two parking stalls and keep all the money you make off your items. If you don't sell something, you can donate it to Big Brothers/Big Sisters at the end of the event!

For more information contact Rocky Brown at 520-316-6835 or at rocky.brown@maricopa-az.gov

Saturday, March 8th, 2014  
7:00am – 10:00am

Register Monday, January 6th – March 6th  
South parking lot at Pacana Park

\$10 for two parking spots



### Spring Break Fun & Fitness Camp (Kindergarten – 5th Grade)



The City of Maricopa will offer a spring break recreation camp from March 10-14. Activities will include sports, games, arts & crafts and lots of fun! For more information contact Rocky Brown at 520-316-6835 or at rocky.brown@maricopa-az.gov

Monday-Friday, March 10-14  
1:00pm to 5:00pm

Register Monday, January 6th – March 6th

Location to be determined

Fee: \$40 for all 5 days

